

# Soboba Band of Luiseño Indians

## *Cham Tema "Our Land"*

Soboba Tribal Environmental Department



**Soboba Newsletter**

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### THE BIG BERKEY

The versatile Big Berkey system is the ideal system for use at home with small or medium sized families, travel, outdoor activities or during unexpected emergencies.

This powerful system purifies both treated water and untreated raw water from such sources as remote lakes, streams, stagnant ponds and water supplies in foreign countries, where regulations may be substandard at best. Perfect for everyday use, outdoor activities and a must in hostile environments where electricity, water pressure or treated water may not be available.

**For more information about the Berkey, read the facts below and/or visit this link: <http://www.bigberkeywaterfilters.com/big-berkey.html>**

- 1) It removes 99.99% of bacteria and parasites, heavy metals like lead and mercury, Volatile Organic Compounds and toxic chemicals like benzene, chlorine and chromium-6
- 2) The fluoride/arsenic filters remove 95% of fluoride and arsenic. The fluorosilicic acid they are putting in our water is a toxic waste product of the phosphate fertilizer industry. It poisons your body, does not help your teeth and most filtration systems do not remove it.
- 3) It's gravity fed! So it doesn't need electricity or water pressure. You just pour water into the top chamber and it filters down into the bottom chamber, clean and ready to drink.
- 4) It's portable. It can be taken on vacation and it's perfect to have in an emergency situation like an earthquake, or hurricane. We will never have to worry about not having clean drinking water. This thing will even filter pond water.
- 5) It's extremely economical. The Big Berkey (2 gallon model) costs about \$250, which may seem like a lot of money for a water filter, but get this: The two Black Berkey filters inside will purify 6,000 gallons before needing replacement. If you drink 10 gallons of water a week, it will last you about 11 years at a cost of less than 2 cents per gallon. Most water filters need replacing after 3-6 months



**You can turn rain gutters into rain catchers, to collect water for your Berkey filter.**



# Ways to Prevent Heat Loss in Your Home to Save Energy and Money

This time of year is one of the energy companies' favorites because they know their clients will be paying substantial amounts of money by excessively heating their homes.

**Dare to be different by saving your money with some helpful tips on reducing heat loss in your home!**

- Shut your doors! This is one of the easiest ways to save money on energy bills. You'll also notice that you can turn down your thermostat because more heat is being retained within your home, this will further lessen your energy bill.
- Dress to save—Just as you can dress appropriately for the weather, your water heater can too! You can purchase a heat-retentive jacket for your water heater without spending a large amount of money.
- Exclude the draft—It's just as important to keep cold air out as it is to keep warm air in, that's why you can purchase the inexpensive draft excluders.
- Chimney balloons are effective in preventing heat loss through open chimneys. It's estimated that heat can be lost at a rate of 70% in most rooms—a chimney balloon can reduce that by 30%.
- Reflective radiators can help keep the insides of homes warm by reflecting the heat back into the room and away from the walls.
- Barricade your walls! Up to a third of lost heat is via the walls, but this can be prevented through insulation.
- Drapes—Heavy drapes can be essential for heat retention within a room because they absorb the heat from the sunlight while blocking out any wind, which may seep through the cracks of the windows.

<http://money.allwomenstalk.com/ways-to-prevent-heat-loss-in-your-home-to-save-energy-and-money>



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If you have any questions on information in the newsletter or any other environmental concerns contact:

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## Community Supported Agriculture (CSA)

- This area is fortunate enough to have the option of ordering food from a local CSA.
- Sage Mountain Farm is an all organic farm located at 40630 Sage Road, Hemet, CA 92544
- There are options to sign up for a large box or a small box of their produce weekly. You can view the weekly box contents on their website at <http://www.sagemountainfarm.com/>

